

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ www.FrederickCountyMD.gov ♦ 301-600-7020

July Program Highlights

Armchair Travelers

Visit other parts of the United States or even other parts of the world...without leaving the senior center. The last month of each month enjoy adventures from your armchair.

Date: Monday, July 25

Destination: Papua New Guinea

Time: 1:00 p.m.

Cost: Free

Ask Nurse Steve

Ask questions! Learn more about issues concerning your health! Each month Steve Stoyke, the Department of Aging nurse will talk about a different health topic.

Topic: Dairy and Calcium

Guest Speaker: Kitty Devilbiss

Date: Wednesday, July 20

Time: 12:30 p.m.

Cost: Free

Omelet Bar

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Other brunch food will also be served.

Date: Wednesday, June 15

Sign-up by Monday, June 13

Time: Noon

Cost: \$4.80 (Regular lunch fee)

Plan 9

Plan 9 is a simple guide to the nine essential items to help you shelter-in-place in the event of an emergency. Plan to be safe by attending this informational session.

Date: Thursday, July 7

Time: 1:00 p.m.

Cost: Free

Men's Discussion Group

Finally, a group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. There will be a moderator to help keep the discussion friendly. **Note: New Day**

Date: 2nd and last Thursdays of each month

Time: 9:30 a.m.

Cost: Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Monday, July 11 and 25

Time: 10:00 a.m.

Date: Wednesday, July 20

Time: 11:30 a.m.

Cost: Free

Day Trips

**Check out the day trips
for July, August and
September**

**Inner Harbor
National Cryptologic Museum
Mt. Vernon
Library of Congress
National Postal Museum**

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